



# PROGRAMME SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0000-0700	HRM Through the Night	HRM Through the Night	HRM Through the Night	HRM Through the Night	HRM Through the Night	HRM Through the Night	HRM Through the Night
0700-0800	*	*	*	*	*	Repeat Friday Request Show	*
0800-0900	Repeat Sunday Request Show	Repeat Monday Request Show	Repeat Tuesday Request Show	Repeat Wednesday Request Show	Repeat Thursday Request Show	(2 hours)	Repeat Saturday Request Show
0900-1000	(2 hours)	(2 hours)	(2 hours)	(2 hours)	(2 hours)	Rise and Shine with Alan & Helen / Come Saturday Morning with Renato and Tom	(2 hours)
1000-1100	Turn Back Time with Gordon Clark	The 80s Show (Bernie Reynolds)	Turn Back Time with Gordon Clark	Turn Back Time with Gordon Clark	Turn Back Time with Gordon Clark	(2 hours)	The Film Show with Liam & Beth
1100-1200	Fantastic 50s with Alan Hare	(2 hours)	Concert	Time Was	The A-Z of Pop	This Is My Country with Alan Hare	(2 hours)
1200-1300	(2 hours)	Retro Chart Countdown (Richard Bartlett)	Down at the Club with Gordon Clark	Down at the Club with Gordon Clark	Down at the Club with Gordon Clark	(2 hours)	Dolphin Beats (for the kids wards) with Ellie & Brooke
1300-1400	Down At The Club with Gordon Clark	(2 hours)	The Big Show with Bobby Martin	Jazz Show with Jan Claeside	Jazz Show with Jan Claeside	The Big Show with Bobby Martin	Sunday Lunch with Adrian Last
1400-1500	Back to the 90s with Ian James	Turn Back Time with Gordon Clark	Back to the 90s with Ian James	Back to the 90s with Ian James	Back to the 90s with Ian James	The Vinyl Collection with Bernie Reynolds	Medway Music Mayhem with Damian Veck
1500-1600	(2 hours)	The A-Z of Pop	(2 hours)	(2 hours)	(2 hours)	(2 hours)	(2 hours)
1600-1700	Live at the Barge with Alan Hare	Down at the Club with Gordon Clark	A Trip Down Memory Lane with Jim Band	Concert	Live at the Barge with Alan Hare	Live Sessions with Alan Hare	Turn Back Time with Gordon Clark
1700-1800	(2 hours)	The A-Z of Pop	Stuck In The Life with Renato	Coolaxing with Peter Finch	(2 hours)	(2 hours)	Flying By The Seat of my Pants with Zoe Cocker
1800-1900	various	Shannon Griffin Interviews	Sports Show with Mick Leipold	Real Vision Radio with Alan Hare	Eileen Griffin Interviews	A Trip Down Memory Lane with Jim Band	5.30 Concert; 6.30 Eileen Griffin Interviews
1900-2000	various	Concert	(2 hours)	(2 hours)	various	(2 hours)	Down At The Club with Gordon Clark